



Lesson 1

What are the Five Senses?



VOCABULARY



garden

حديقة



butterfly

فراشة



tongue

لسان



smoke

دخان

Additional Vocabulary

children	أطفال	amazing	مدهش / مذهل
beautiful	جميل	senses	الحواس
a fire	حريق	excellent	رائع / ممتاز
colorful	ملون	safe	آمن
example	مثال	question	سؤال

Conjugation of verbs

Regular verbs

أفعال منتظمة

learn	يتعلم	Learned
smell	يشم	smelled
taste	يتذوق	tasted
stay	يبقي	stayed
touch	يلمس	touched

Irregular verbs

أفعال غير منتظمة

understand	يفهم	understood
sing	يغني	sang
see	يري	saw
know	يعرف	knew
hear	يسمع	heard

Expressions & phrases

What a beautiful day!	ياله من يوم رائع!	learn about	يتعلم عن
What else?	ماذا أيضًا؟	stay safe	يبقي آمنًا
For example,	علي سبيل المثال	talk about	يتحدث عن



READING AND LISTENING

MS. MONA AND THE STUDENTS ARE TALKING ABOUT **THE FIVE SENSES**.



Good morning, children! What a beautiful day in the school garden.

صباح الخير يا أطفال! ما أجمل هذا اليوم في حديقة المدرسة.



Good morning, Ms. Mona! What will we learn today?

صباح الخير يا أستاذة منى! ماذا ستتعلم اليوم؟



Today, we'll learn about our amazing senses.

اليوم سوف نتعلم عن حواسنا المذهلة.



What are senses, Ms. Mona?

ما هي الحواس يا أستاذة منى؟



Senses help us understand the world around us—like seeing, hearing, and smelling.

تساعدنا الحواس على فهم العالم من حولنا، مثل الرؤية والسمع والشم.



I can hear birds singing!

أستطيع سماع الطيور تغني!



Yes! That's your sense of hearing. What else can we use?

نعم! هذه حاسة السمع لديك. ماذا يمكننا أن نستخدم أيضًا؟



I can smell the flowers and see the colorful butterflies!

أستطيع أن أشم رائحة الزهور وأرى الفراشات الملونة!



Excellent, Salma! Those are your senses of smelling and seeing. Senses also help us stay safe.

ممتاز يا سلمى! هذه هي حاستي الشم والبصر لديك. الحواس أيضًا تساعدنا على البقاء آمنين.



Ms. Mona, how do our senses help us stay safe?

أستاذة منى، كيف تساعدنا حواسنا على البقاء آمنين؟



That's a great question, Sami! For example, if we smell smoke, we know there's a fire.

سؤال رائع يا سامي! إذا شممتنا دخانًا، نعلم أن هناك حريقًا.



OUR FIVE SENSES

حواسنا الخمسة



SMELL

حاسة الشم

I **smell** flowers in the garden with my nose.
أشم رائحة الزهور في الحديقة بأنفي.



SEEING

حاسة البصر

I **see** colors and shapes with my eyes.
أرى الألوان والأشكال بعيني.



HEARING

حاسة السمع

I **hear** music and voices with my ears.
أسمع الموسيقى والأصوات بأذني.



TASTE

حاسة التذوق

I **taste** delicious food with my tongue.
أذوق الطعام اللذيذ بلساني.



TOUCH

حاسة اللمس

I **touch** soft and hard things with my hands.
ألمس الأشياء الناعمة والصلبة يدي.

Check your understanding

Read the sentences and complete with the words in the box.



hear - taste - see - touch - smell

- 1 I with my eyes.
- 2 I with my ears.
- 3 I with my nose.
- 4 I with my tongue.
- 5 I with my hands.

**1 Choose the correct answer from a, b, c, or d:**

- 1 Senses help us the world around us.
a) forget b) understand c) play d) sing
- 2 Salma can see colorful on the flowers.
a) clouds b) bats c) butterflies d) stones
- 3 If we smell smoke, we know there's a
a) party b) fire c) game d) school
- 4 Senses help us safe.
a) lose b) stay c) hear d) know
- 5 The sense of helps us listen to sounds.
a) seeing b) hearing c) tasting d) touching

2 Read and complete the text with the words in the box:

safe - ears - eyes - touch - smell

Our senses help us know the world. We use our (1) to see things. We use our (2) to hear sounds. We use our noses to (3)..... things. Our senses keep us (4) If we smell smoke with our noses, we know there might be fire.

3 Read and the text and answer the questions:

One day, Ms. Mona took her students, Sami and Salma, to the school garden. Her lesson was about our senses. Ms. Mona explained that senses help us learn about the world. For example, we use our eyes to see and our ears to hear. In the garden, Sami used his sense of hearing to listen to the birds sing. Salma used two senses: she used her sense of seeing to see the colorful butterflies, and her sense of smell to enjoy the nice flowers. Ms. Mona also taught them that senses help keep us safe. She gave an example: smelling smoke can help you know that there is a fire.

a Choose the correct answer from a, b, c, or d:

1 The lesson in the garden about

- a) food b) senses c) birds d) animals

2 The underlined word “safe” is the opposite of

- a) useful b) unhappy c) unsafe d) beautiful

b Answer the following questions:

3 What sense did Salma use to know about the flowers?

.....

4 How can our senses keep us safe?

.....

5 Punctuate the following sentences:

1 i smell flowers in the garden with my nose

.....

2 sami heard the birds sing

.....

6 Write a paragraph of about Eighteen [18] words using the following guiding elements .

Our five Senses

- see
- touch

.....

.....

.....

.....

.....

.....



Healthy habits



VOCABULARY



healthy

صحي



strong

قوي



orange juice

عصير برتقال



sweets

حلوي

Additional Vocabulary

habits	عادات	energy	طاقة
mind	العقل	day	يوم
teeth	أسنان	break time	وقت الفسحة
face	وجه	school	مدرسة
between	بين	plenty of	الكثير من
classes	حصص دراسية	during	خلال / أثناء
first	أولاً	garden	حديقة
important	مهم	vitamins	فيتامينات
shower	دش	enough	كافي
hour	ساعة	sharp	حاد / يقظ

Conjugation of verbs

Regular verbs

أفعال منتظمة

follow	يتبع	followed
stay	يبقي	stayed
brush	يغسل بالفرشاة	brushed
wash	يغسل	washed

Irregular verbs

أفعال غير منتظمة

drink	يشرب	drank
eat	يأكل	ate
take	يأخذ	took
sleep	ينام	slept

Expressions & phrases

stay healthy	يبقي صحيحاً	wakes up early	يستيقظ مبكراً
For breakfast	علي الإفطار	get enough sleep	يحصل علي قدر كاف من النوم



READING AND LISTENING



Read the text

MY HEALTHY DAY

Sarah is a healthy 10-year-old girl. She follows good **habits** every day to stay strong and healthy.

In the morning, Sarah **wakes up** early at 6:00 a.m. She **brushes** her teeth and **washes** her face. **Next**, she does some simple **exercises** in the garden.



For breakfast, Sarah eats healthy food. She drinks orange juice and eats eggs and brown bread. These foods give her **energy** for the day.

At school, Sarah drinks **plenty** of water between classes. She plays sports with her friends during break time.

In the afternoon, Sarah does her homework first. **After that**, she helps her mother in the garden. They grow fresh vegetables together.

For dinner, Sarah eats lots of vegetables and fruits. These give her **important vitamins**. She doesn't eat too many sweets.

In the evening, Sarah takes a shower and brushes her teeth again. She goes to bed early at 8:30 p.m. She sleeps for 9 hours every night. Getting **enough** sleep helps her body stay healthy and her **mind** stay **sharp**.

Sarah's healthy habits help her feel good and do well at school. She has lots of energy to learn, play, and enjoy her day!

سارة فتاة صحية تبلغ من العمر 10 سنوات. تتبع عادات جيدة يوميًا لتبقى قوية وصحية. في الصباح، تستيقظ سارة مبكرًا في الساعة 6:00 صباحًا. تنظف أسنانها وتغسل وجهها. بعد ذلك، تقوم ببعض التمارين البسيطة في الحديقة. على الإفطار، تأكل سارة طعامة صحية. تشرب عصير البرتقال وتأكل البيض وخبز القمح الكامل. هذه الأطعمة تمنحها الطاقة طوال اليوم. في المدرسة، تشرب سارة الكثير من الماء بين الحصص. تلعب الرياضة مع صديقاتها خلال وقت الاستراحة. في فترة الظهيرة، تقوم سارة بواجباتها المدرسية أولاً. بعد ذلك، تساعد أمها في الحديقة. يزرعون خضروات طازجة معًا. على العشاء، تأكل سارة الكثير من الخضروات والفواكه. هذه الأطعمة تزودها بالفيتامينات المهمة. ولا تأكل الكثير من الحلويات. في المساء، تأخذ سارة حمامًا وتنظف أسنانها مرة أخرى. تذهب إلى الفراش مبكرًا في الساعة 8:30 مساءً. تنام لمدة 9 ساعات كل ليلة. الحصول على قسط كافٍ من النوم يساعد جسدها على البقاء صحيًا وذهنها على البقاء متيقظًا. عادات سارة الصحية تساعد على الشعور بالراحة والتفوق في المدرسة. لديها الكثير من الطاقة لتعلم ولتعب وتستمتع بيومها!

HEALTHY HABITS



wake up early

أستيقظ مبكرًا



brush my teeth

أغسل أسناني بالفرشاة



wash my face

أغسل وجهي



do simple exercises

أقوم بتمارين بسيطة



GRAMMAR TIME !

The Present Simple Tense

يستخدم زمن المضارع البسيط للتعبير عن عادات وأحداث متكررة وحقائق ثابتة.

1 AFFIRMATIVE الإثبات

اسم جمع + I, you, we, they

inf (مصدر الفعل)

اسم مفرد + He, she, it

inf (مصدر الفعل) + "s, es, ies"

- We **play** tennis at school.
- He **watches** TV at night.

2 NEGATIVE النفي

اسم جمع + I, you, we, they

don't

inf (مصدر الفعل)

اسم مفرد + He, she, it

doesn't

- I **don't** study science.
- He **doesn't** eat fish.

3 QUESTION السؤال

1 WH QUESTION (سؤال بكلمة استفهام)

Q. Word → do → subject → inf → ... ?
أداة استفهام → does → الفاعل

What **do** you **play** at night?

I **play** video games.

Where **does** she **study**?

She **studies** in her room.

2 YES / NO QUESTION (السؤال بـهل)

Do → subject → inf → ... ?
Does → الفاعل

Do you **watch** matches on TV?

Yes, I **do**.

Does he **like** fish?

No, he **doesn't**.

لاحظ تحويل (Do you) إلى (I do) في الإجابة.

4 KEY WORDS الكلمات الدالة

every (day - morning - night ...) - daily , always , sometimes ...

- I **play** tennis **every** Friday.
- We **always** **walk** to school.

- معظم الأفعال يضاف لها (s) :

She cleans her room twice a week.

- الأفعال المنتهية بـ (ss, sh, ch, o, x) يضاف لها (es) :

He watches TV at night.

- الأفعال المنتهية بحرف (y) يسبقه حرف ساكن : نحذف الـ (y) ونضيف للفعل (ies)

He studies his lessons hard.

- الأفعال المنتهية بحرف (y) يسبقه حرف متحرك (a, e, i, o, u) : نضيف (s) فقط.

She plays with her older brother.

Check your understanding

1 Read and write the correct form the word(s) between brackets:

1. She (go) to the gym every morning.
2. The sun (rise) in the east.
3. They (doesn't) walk to school, they take the bus.
4. I (washes) my face in the morning.
5. In the afternoon, Sarah (do) her homework.
6. My father (work) at a bank.
7. In the evening, Ali takes a shower and (brush) his teeth.
8. Huda and Hana (doesn't) like fish. They like chicken.
9. Children (goes) to schools to learn.
10. She (not/like) eating spicy food at all.
11. We (likes) to eat pizza on Fridays.
12. What does she (makes)?
13. The shop (open) at 9:00 AM every day.
14. They (not/enjoy) going to the park.
15. Omar (catch) the bus to Cairo every day.


1 Choose the correct answer from a, b, c, or d:

- 1 Sarah up early every day.
 a) takes b) wakes c) plays d) runs
- 2 My brother drinks of water at school.
 a) lot b) many c) plenty d) any
- 3 Mom cooks food in the
 a) bathroom b) living room c) kitchen d) balcony
- 4 We have in the morning.
 a) lunch b) dinner c) supper d) breakfast

2 Read and complete the text with the words in the box:

energy - habits - exercises - wakes - brushes

Omar is a healthy boy because he follows good (1) every day. His routine starts in the morning when he (2) his teeth. Next, he goes outside to do some simple (3) in the garden. For breakfast, he eats healthy food which gives him lots of (4) to learn, play, and enjoy his day!

3 Read the text and answer the questions:

I have a cat named Tom. It is my habit to take care of him every day. In the morning, Tom is full of energy! We play in the garden before I go to school. Tom eats healthy food to help him grow strong. He also drinks lots of fresh water. In the afternoon, when I come home, we play again. At night, Tom gets very tired. He goes to bed early to get enough sleep. A healthy cat is a happy cat!

a Choose the correct answer from a, b, c, or d:

- 1 Tom plays in the
 a) park b) garden c) bedroom d) school
- 2 “.....” is the opposite of the underlined word “healthy”.
 a) happy b) sad c) unhealthy d) unsafe

b Answer the following questions:

3 Why does Tom eat healthy food?

.....

4 What does Tom do at night?

.....

4 Read and write the correct form the word(s) between brackets:

1 She (take) vitamins every morning.



2 My brother and I (watches) TV in the evening.



3 My sister (study) English every day.



4 The nurse (help) sick people.



5 Punctuate the following sentences:

1 sarah takes a shower and brushes her teeth again

.....

2 why is a good night's sleep important to us

.....

6 Write a paragraph of about Eighteen [18] words using the following guiding elements .

Healthy Habits

- wake
- fresh

.....

.....

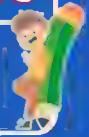
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Goha's Great Meal



VOCABULARY



market

سوق



hungry

جائع



restaurant

مطعم



soup

شوربة

Additional Vocabulary

through	عبر / خلال	wonderful	رائع
suddenly	فجأة	yummy	لذيذ
outside	بالخارج	window	نافذة
deep breath	نفس عميق	owner	مالك
delicious	لذيذ	greedy	طماع
free	مجاني	coins	عملات معدنية
moment	لحظة	pocket	جيب
sound	صوت	jingling	صوت رنين
inside	بالداخل	clever	ماهر / ذكي

Conjugation of verbs

Regular verbs

أفعال منتظمة

share	يشارك	shared
stop	يتوقف	stopped
close	يغلق	closed
enjoy	يستمتع	enjoyed
laugh	يضحك	laughed

Irregular verbs

أفعال غير منتظمة

come	يأتي	came
take	يأخذ	took
pay	يدفع	paid
think	يفكر	thought
shake	يهز	shook

Expressions & phrases

One morning	ذات صباح	walk through	يمشي عبر
take a deep breath	يأخذ نفساً عميقاً	for free	مجاناً
pay for	يدفع ثمن	share with	يشارك مع

STUDY THESE DEFINITIONS

ذاكر هذه التعريفات

OWNER

المالك

someone who has something

HUNGRY

جائع

wanting to eat

SHARE

يشارك

to give some of what you have to others

GREEDY

طماع

always wanting more than what is needed

JINGLING

صوت رنان

a light, ringing sound

NOTE

Characters

are the **people** and **animals** in a story.

تشير إلى الأشخاص والحيوانات الموجودة في القصة.



Setting

is the **time** and **place** of a story.

تشير إلى الزمان والمكان التي وقعت فيه أحداث القصة.





GOHA'S GREAT MEAL

THE BEGINNING

One morning, Goha was walking through the market. He was very hungry, but didn't have enough money to buy food. Suddenly, he smelled something wonderful. The yummy smell was coming from a restaurant's window. Goha stopped and sat outside the restaurant. He closed his eyes and took a deep breath. "Ah," he said. "This wonderful smell makes me feel less hungry!"

في صباح أحد الأيام، كان جحا يتجول في السوق. كان جائعًا جدًا، لكن لم يكن لديه ما يكفي من المال لشراء الطعام. فجأة، شم رائحة رائعة. كانت الرائحة اللذيذة تنبعث من نافذة مطعم. توقف جحا وجلس خارج المطعم. أغمض عينيه وأخذ نفسًا عميقًا. قال: "آه، هذه الرائحة الرائعة تُخفف عني الجوع!"



THE MIDDLE

The restaurant owner saw Goha and asked, "What are you doing?"

Goha said, "I'm enjoying the smell of your delicious soup." The owner was greedy. He said, "You can't smell the soup for free! You must pay for it!"

رأى صاحب المطعم جحا فسأله: "ماذا تفعل؟". قال جحا: "أستمتع برائحة حسائك اللذيذ". كان صاحب المطعم جشعًا، فقال: "لا يمكنك شم رائحة الحساء مجانًا! يجب أن تدفع ثمنه".

Goha thought for a moment. Then took out a few coins from his pocket. He shook them in his hand, and they made a jingling sound. "Here," said Goha. "If you want money for the smell of your soup, then you can take the sound of my coins."

The owner laughed at Goha's clever answer. "Come inside," he said. "Let's share this soup." Good food tastes better when shared with others!

فكر جحا لحظة. ثم أخرج بضع عملات معدنية من جيبه. صافحها بيده، فأصدرت صوتًا رنينيًا. قال جحا: "تفضل، إن كنت تريد نقودًا مقابل رائحة حسائك، فأقبل صوت عملاتي المعدنية." ضحك صاحب المحل من إجابة جحا الذكية. قال: "تفضل، لتتشارك هذا الحساء." الطعام اللذيذ أذ عندما تتشاركه مع الآخرين!



THE END



Why does food taste better when its shared?



PRONUNCIATION

1 Long Vowel Sounds



feed
يُطعم



bean
فول



plate
طبق



home
منزل



heat
حرارة

2 Short Vowel Sounds



pot
إِناء



hat
قبعة






pen
قلم جاف



pin
دبوس

1 Listen and complete with long vowel words.

- 1 Hany went and changed into his best clothes. 
- 2 The children their cat in the morning. 
- 3 I washed the after dinner. 

2 Read and complete with the words in the box:

feed - pen - pot - heat - home - hat

Short vowels

Long Vowels

**1 Choose the correct answer from a, b, c, or d:**

- 1 Many people go to the to buy fresh fruit and vegetables.
a) library b) market c) office d) cinema
- 2 I did not eat breakfast, so I feel very now.
a) sleepy b) thirsty c) happy d) hungry
- 3 When we want to eat a meal but not at home, we can go to a
a) bank b) restaurant c) post office d) cinema
- 4 My grandmother's cookies are so; I can eat five of them!
a) salty b) delicious c) old d) funny
- 5 The boy didn't want to share his candy with anyone. He was
a) kind b) clever c) greedy d) friendly
- 6 Before you leave the store with a new toy, you must for it.
a) pay b) look c) break d) buy

2 Read and complete the text with the words in the box:

clever - coins - share - greedy - bad

The restaurant owner was (1) and told Goha he must pay for the smell. Goha had a (2) idea. He shook the (3) in his hand to make a noise. The owner laughed and decided to (4) his soup with Goha.

3 Read the text and answer the questions:

A poor man was cold. He stood near a bakery to feel the warm air from the oven. The baker was not a kind man. He told the poor man, "You must pay for my warm air!" The poor man just smiled and jingled a coin in his pocket and said "the price of the warm air is the sound of my coins".

a Choose the correct answer from a, b, c, or d:

1 The baker wanted the poor man to pay for the

- a) bread b) space c) warm air d) time

2 The baker was a/an man.

- a) kind b) unkind c) good d) nice

b Answer the following questions:

3 Why did the poor man stand near a bakery?

.....

4 Do you think the poor man was clever?

.....

4 Punctuate the following sentences:

1 I m enjoying the smell of your delicious soup

.....

2 the owner laughed at goha's clever answer.

.....

5 Write a paragraph of about Eighteen [18] words using the following guiding elements .

A story you like

- Goha
- clever

.....

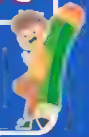
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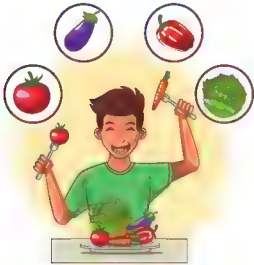
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Writing & Project

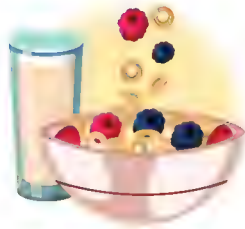


VOCABULARY



healthy

صحي



breakfast

وجبة الإفطار



lunch

وجبة الغداء



get dressed

يرتدي الملابس

Additional Vocabulary

daily routine	الروتين اليومي	important	مهم
strong	قوي	habits	عادات
the same	نفس الشيء	teeth	أسنان
First	أولاً	picture	صورة
Next	ثم	After that	بعد ذلك
heading	عنوان رئيسي	Finally	أخيراً
homework	الواجب المنزلي	hour	ساعة

Conjugation of verbs

Regular verbs

أفعال منتظمة

help	يساعد	helped
follow	يتبع	followed
play	يلعب	played

Irregular verbs

أفعال غير منتظمة

tell	يُخبر	told
wake up	يستيقظ	woke up
keep	يُبقى	kept

Expressions & phrases

stay strong	يبقى قوياً	follow the same routine	يتبع نفس الروتين
for one hour	لمدة ساعة	in the evening	في المساء

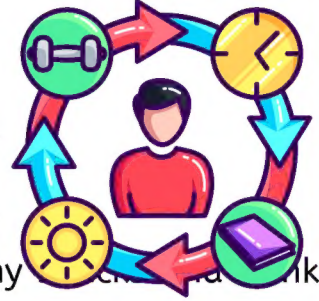


READING AND LISTENING

MY HEALTHY LIFE

Having a daily routine is important. Let me tell you about my healthy habits and how they help me stay strong.

Every day, I follow the same routine. **First**, I wake up early at 6:00 a.m. and brush my teeth. I wash my face and get dressed for school. **Next**, I have a healthy breakfast, including milk and fruit. **Then**, I go to school, where I study and play with my friends. During break time, I eat healthy food and drink water. **After school**, I have lunch with my family.



After that, I do my homework and then play sports for one hour. In the evening, I take a shower and have dinner. **Finally**, I go to bed at 9:00 p.m. because sleeping early keeps me healthy.

- من المهم اتباع روتين يومي. دعوني أخبركم عن عاداتي الصحية وكيف تساعدني على البقاء قوية.
- أتبع روتيناً يومياً. أولاً، أستيقظ باكراً الساعة السادسة صباحاً وأغسل أسناني. أغسل وجهي وأرتدي ملابس للمدرسة. بعد ذلك، أتناول فطوراً صحياً، يحتوي على الحليب والفاكهة. ثم أذهب إلى المدرسة، حيث أدرس وألعب مع أصدقائي. ثم أتناول الغداء مع عائلتي.
- بعد ذلك، أحل واجباتي المدرسية، ثم أمارس الرياضة لمدة ساعة. في المساء، أستحم وأتناول العشاء. وأخيراً، أنام الساعة التاسعة مساءً، لأن النوم باكراً يحافظ على صحتي.



Writing Skill

How to make a PowerPoint presentation

كيفية عمل عرض تقديمي



STEP ONE

- use clear headings.

استخدم عنوان رئيسي واضح.



STEP TWO

- add pictures.

أضف صوراً.



STEP THREE

- keep the text simple.

أبق النص بسيطاً.



STEP FOUR

- speak for 3-5 minutes.

تحدث لمدة 3-5 دقائق.

#

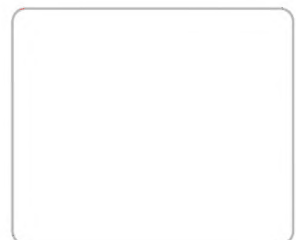
Prepare a PowerPoint presentation of 3-5 slides about healthy eating habits. Practice your presentation with your team.

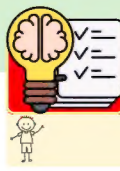
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GRAMMAR TIME !

Sequence words

كلمات التسلسل تُساعدنا على إظهار تسلسل الأحداث. فهي تُخبرنا بما يحدث في البداية، وفي المنتصف، وفي النهاية. وهي:

FIRST	أولاً	I wake up early at 6:00 a.m. and brush my teeth.
NEXT	ثم	I have a healthy breakfast, including milk and fruit.
THEN	لاحقاً	I go to school, where I study and play with my friends.
AFTER THAT	بعد ذلك	I do my homework and then play sports for one hour.
FINALLY	أخيراً	I go to bed at 9:00 p.m.

Check your understanding

1 Fill in your daily routine.

First :

Next :

Then :

After that :

Finally :

TO TALK ABOUT **DAILY ROUTINE**

للتحدث عن **الروتين اليومي**



What's your daily routine?

First, I wake up early. Next, I have a healthy breakfast. Then, I go to school.



**1 Choose the correct answer from a, b, c, or d:**

- 1 Eating good food and sleeping well helps you stay
a) sick b) healthy c) sad d) tired
- 2 The first meal of the day is called
a) lunch b) dinner c) snack d) breakfast
- 3 To keep your body clean, you should take a every day.
a) shower b) meal c) walk d) sleep
- 4 Good habits and exercise can make your body
a) weak b) small c) strong d) bad
- 5 I use soap and water to my face.
a) dry b) wash c) find d) touch
- 6 An apple or a banana is a healthy type of
a) drink b) fruit c) milk d) dinner
- 7 I use a brush and toothpaste to my teeth.
a) wash b) color c) brush d) smell

2 Read and complete the text with the words in the box:

sports - breakfast - lunch - strong - healthy

Following a daily routine helps me stay (1) and full of energy. The most important meal for me is (2), which I eat every morning before school. In the afternoon, after I do my homework, I like to play (3) like football to exercise my body. These good habits make me feel (4)

3 Read the text and answer the questions:

My daily routine helps me stay healthy. Every morning, I wake up at 6:00 a.m. and get ready for school. I eat a healthy breakfast with milk and fruit. After school, I do my homework and then play sports. In the evening, I take a shower and have dinner. I go to bed at 9:00 p.m. because sleeping early is very important.

a Choose the correct answer from a, b, c, or d:

1 My healthy breakfast includes milk and

- a) eggs b) juice c) fruit d) bread

2 In the evening, I have dinner and take a

- a) walk b) shower c) test d) nap

b Answer the following questions:

3 What time does the writer go to bed?

.....

4 What does he do after school?

.....

4 Punctuate the following sentences:

1 i follow the same routine

.....

2 having a daily routine is important

.....

5 Write a paragraph of about Eighteen [18] words using the following guiding elements .

Your daily routine

- first
- wake up

.....

.....

.....

.....

.....

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